



- c) better than average academic ability, plus good study habits;
- d) ability to accept responsibility;
- e) emotional maturity and stability;
- f) experience in a variety of sports, games and recreational activities;
- g) good basic coordination and rhythm;
- h) excellent health and a good physique;
- i) a real interest in giving as well as getting, in both work and social relationships.

It would be wise for you to assess yourself and to have some professional person (e.g. your guidance counsellor or physical education teacher) rate you also. It is not to be expected that many people will have ALL these qualities to a high degree, but the more you have the better your chances of success in physical education.

How can I prepare for professional work in physical education and recreation?

Most universities in Canada offer either a three or four year undergraduate program depending upon the entrance requirements. These courses provide:

- a) extensive offerings in the biological and physical sciences, social sciences, humanities and in general education;
- b) a wide variety of practical activity courses which fit you to perform and teach many different skills;
- c) an understanding of the contribution physical education and recreation can make to better living in the world of today.

But you can begin your preparation for a career

while still in high school. Any experience you can gain in the playing and teaching of activities, in leadership work in playgrounds or at camps, in working with others on committees, will help you in your chosen field.

Remember too that there is strong competition for acceptance into Canadian universities. Above average marks are essential. Since it is important that you choose the right subjects for university entrance, you should consult the head of the school of physical education in the institution which you hope to attend, before making a final selection of subjects in your last year of high school.

If you are particularly interested in a career as a physical education teacher yet cannot attend a university, you should check the teacher training institutions in your province. Many offer specialized courses in physical education and have arrangements whereby credits may be applied toward a university degree.

Should you choose a career in physical education or recreation, the preparation you receive and the experience you obtain will help you throughout life as a parent and as a citizen.

Canadian universities granting degrees in physical education and/or recreation

Faculty of Physical Education,
University of Alberta,
Edmonton, Alta.

School of Physical Education
and Recreation,
University of British Columbia,
Vancouver 8, B.C.

Faculty of Physical Education,
University of Calgary,
Calgary, Alta.

Department of Physical
Education, Recreation and
Athletics,
University of Manitoba,
Winnipeg, Man.



Department of Physical
Education,
Dalhousie University,
Halifax, N.S.

Department of Physical
Education,
University of Guelph,
Guelph, Ont.

Département d'Éducation
Physique,
Université Laval,
Québec, P.Q.

Physical Education Department,
Memorial University of
Newfoundland,
St. John's, Nfld.

School of Physical Education,
McGill University,
Montreal, P.Q.

School of Physical Education,
McMaster University,
Hamilton, Ont.

Department of Physical Education,
St. Francis Xavier University,
Antigonish, N.S.

Department of Physical and
Health Education,
University of Waterloo,
Waterloo, Ont.

École d'Éducation Physique,
Université de Montréal,
Montréal, P.Q.

Department of Physical
Education,
University of New Brunswick,
Fredericton, N.B.

Degree course in Recreation: University of Alberta,
University of British Columbia, University of Sher-
brooke.

Master's Degree: University of Alberta, University of
British Columbia, University of Montreal, University
of Ottawa, University of Saskatchewan, University
of Western Ontario, Simon Fraser University.

Doctorate: University of Alberta.

Fitness and Amateur Sport Directorate

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Institut d'Éducation Physique,
Université d'Ottawa,
Ottawa, Ont.

School of Physical and Health
Education,
Queen's University,
Kingston, Ont.

School of Physical Education,
University of Saskatchewan,
Saskatoon, Sask.

Le Département de l'Éducation
Physique et de la Récréation,
Université de Sherbrooke,
Sherbrooke, P.Q.

School of Physical and Health
Education,
University of Toronto,
Toronto, Ont.

Department of Physical, Health
and Recreation Education,
University of Western Ontario,
London, Ont.

School of Physical and
Health Education,
University of Windsor,
Windsor, Ont.

Department of Physical
Education,
Laurentian University,
Sudbury, Ont.

School of Physical Education,
York University,
Toronto, Ont.

Department of Physical
Development Studies,
Simon Fraser University,
Burnaby, B.C.

professional opportunities in physical education and recreation

An Interpretation and an Invitation
to High School Students



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looking ahead



Choosing a career is one of the most important decisions of your life. It is one which requires careful thought and discussions with those who can help you — your parents, teachers, guidance counsellors, those employed in fields in which you may be interested. Before deciding, ask yourself these questions:

1. **Is the Work Important?** Unless you believe that your work is worth doing, that it is making a useful contribution to society, you will not find satisfaction in it.
2. **Will the work** be interesting, stimulating and challenging?
3. **Does the work** offer a variety of employment opportunities?
4. **Does it offer** a pleasant environment and reasonable salary? While money should not be the sole consideration, it is important that you receive sufficient remuneration to live a satisfying life in accordance with your standards and interests.
5. **Is it the kind of work** in which you will have the opportunity to help others?
6. **Is it work** which you will be able, mentally and physically, to do well?

This pamphlet has been prepared to provide answers to these questions for those of you who may be considering the fields of **Physical Education and Recreation**.

Challenging professions with an exciting future in Canada

What is physical education? recreation?

Physical educators and recreation leaders are concerned with **people**. The aim of physical education is to help others to develop and maintain optimum physical efficiency; to develop useful physical skills; to live according to socially acceptable ways; and to enjoy wholesome physical recreation. The physical educator seeks to achieve this aim through a program based on a wide variety of physical activities which may be designed for boys and girls, youths or adult men and women.

Recreation leaders help people of all ages to meet their leisuretime needs. This work becomes increasingly important as we live longer and work fewer hours. The effective use of leisure time for satisfying, well-rounded living requires proper planning and professional guidance. This is the job of the recreation leader.

Is the work important?

We are living in an age when an increasing amount of our work is being done by machines, when there are fewer physical demands upon us in our daily life. It is an age when the number of working hours per week is decreasing and people have more leisure time to use as they wish.

We know that boys and girls require adequate physical activity in order to develop strong, well-coordinated bodies. We know that most boys and girls find satisfaction and enjoyment in games, sports, dances or other forms of wholesome physical activity. We know that all of us require a certain amount of daily exercise. We know too that if we are to gain optimum satisfaction and enjoyment from our leisure hours, there must be opportunities and guidance available to us.

For such reasons physical education and recreation are being looked upon by educators, health authorities and social scientists as important contributors to our present day society.

Is the work interesting? Stimulating? Challenging?

Physical education and recreation have almost unlimited scope. The trained teacher or leader may be working with children, teen-agers or adults. The physical education teacher's program comprises an ever-changing panorama of competitive sports, recreational games, physical exercise, dance and other activities. It involves skill teaching, intramural leagues and tournaments, organized competitive sports programs and, increasingly, special programs for the handicapped.

The professional recreation leader's programs range from playgrounds to pottery — from sports and games to music and drama — from hobbies to camping — a list as broad and varied as the interests of people. The variety of prospects is unlimited for the leader who has the knowledge and skills to direct and guide others in worthwhile leisure-time activities.

There is gratification in helping a boy learn to swim or assisting an elderly lady to create her first piece of jewellery. There is satisfaction in watching a class improve in the learning of a dance or a youth group as it tackles a community problem.

There is challenge because of the many unanswered questions facing Canadians in this dynamic twentieth century. Some of our best minds are concerned with problems involving the contributions of exercise to health, our recreational needs of the future, the most suitable kinds of physical activity for people of different ages and different vocations.

There is challenge, too, in attempting to meet the needs and interests of the boys and girls or the men and women with whom you work.

What about employment opportunities?

As a university graduate in physical education or in recreation, you will find many job opportunities in a variety of situations. These include teaching, coaching and positions of leadership in schools, teacher training institutions, universities, community centres, YMCA's and YWCA's, hospitals, summer camps, industrial plants, municipal recreation departments and provincial fitness and recreation offices.

By continuing to do advanced study and with experience, you will find avenues opening toward positions with greater responsibility. It may be in the area of research at a university, it may be as a director of physical education and athletics at a school, teacher training institution or university. It may be in the specialized field of coaching or it may be an administrative position in recreation within a municipal or private agency or a government department. In recent years many qualified physical educators have been selected as principals and vice-principals in schools, and advisors to government agencies. The experienced physical educator and recreation leader is well prepared for administrative positions where dealing with people is a major responsibility.

Rates of pay vary according to the institution or agency and the geographic location. However, salaries have improved steadily in recent years and physical education and recreation offer salary scales competitive with other professions demanding similar training and experience.

In schools, universities, public and private agencies, industry and government, physical educators and recreation leaders enjoy the same security, pension benefits and status as others working at the same level.

Is there an opportunity to help others?

This is the difference between professional work and daily labour. The word "profession" carries the idea of service. The physical education and recreation worker finds satisfaction in helping people, and knows the truth of the answer given by the Chinese poet Wang Wei, when he said "You asked me what is the supreme happiness here below. I am old, I have not travelled very far, but this one thing I know. It is watching a little boy go whistling down the road after he has asked me the way."

How am I fitted for work in this field?

Ideally, prospective physical education and recreation workers should possess the following qualities:

- a) a real liking and respect for people;
- b) ability to work effectively with others;

